

NEW YORK STATE DEPARTMENT OF HEALTH

BEST PRACTICES FOR BREASTFEEDING

Breastfeeding Promotion Guidelines for Childcare Centers

1. Inform parents at time of enrollment that you support mothers continuing to breastfeed and are willing to feed expressed breast milk.
Note: Protective gloves are not necessary when handling expressed breast milk.
2. Emphasize the value of continuing to breastfeed after returning to work or school. Provide emotional support concerning mother's decisions about breastfeeding and weaning.
3. Advise breastfeeding moms to begin feeding infants expressed milk at least two weeks prior to beginning daycare to ensure that infants are accustomed to bottle feeding.
4. Maintain a list of local lactation consultants that breastfeeding mothers and/or staff could contact for assistance in locating an affordable breast pump and other issues related to breastfeeding.
5. Provide written guidelines for parents and staff about collecting, storing and feeding expressed breast milk. Breastfeeding mothers should provide their own bottles clearly labeled with child's full name. Any milk remaining in bottle after a feeding should be refrigerated and either fed to the child later or sent home with a parent at the end of the day.
6. Encourage mothers to visit and breastfeed during the day if their schedules permit.
7. Designate a lactation corner to encourage mothers to breastfeed if they can visit during the day. Lactation corner should be quiet, clean, comfortable and private (if mother prefers privacy).
8. Have consistent child care provider handling infant.
9. Feed infant expressed breast milk on demand or coordinate feeding times according to mother's normal feeding schedule.
10. Accidental feeding of a different mother's milk should be reported to both mothers so that proper measures can be taken to ensure the safety and health of the infant.
11. Provide a daily record for parents tracking time and amount of expressed milk or formula fed to infants.
12. Have a resource shelf for parents and staff, including books, videos, pamphlets and other materials about breastfeeding (excluding formula company literature or videos).
13. Encourage mothers to participate in breastfeeding support groups within the community.
14. Refer parents to health education programs about breastfeeding.
15. Develop a partnership with healthcare providers and other resources to ensure best practices for breastfeeding.
16. Model best practices for workplace breastfeeding support for own employees.

NYSDOH – Updated June 2004